

The next Board of Directors meeting will be Monday, Sept. 15, 2025 at 3:15 pm. This meeting will NOT be open to the public.

Board of Directors

Linda Bradley President
Kenneth Frieze Vice-President
Elaine Horton Secretary
David Melilli Treasurer

Linda Floyd Director
David Feinberg Director
Cheryl Sewell Director
Michelle Speth Director
Don Simon Director
Lisa Johnson Director
Gil Albani Director
Lynn Wheat Director
Sarah Bontrager City of Elk Grove Rep.

Staff

Margo Chaney, Interim Executive Director
executivedirector@thesceg.org

Renee Hodgkin, Activities Director
activities@thesceg.org

Michael Chaney, Front Desk Assistant
frontdesk@thesceg.org

Senior Center of Elk Grove



Your Everything Center

a 501(c)3 Nonprofit Organization

8230 Civic Center Drive, Suite 140, Elk Grove, CA 95757
916.685.3160 www.thesceg.org / www.LivingFitSeniors.com

\$50.00 Annual Membership and
\$2 per event fee for most programs., Visit our website at

www.thesceg.org

916-685-3160



PRIVACY POLICY - The Senior Center of Elk Grove does not and will not sell, rent or give away our member's information, including names, addresses, email addresses or phone numbers.

Non-Profit
U.S. Postage
Permit 25
Elk Grove, CA
95624

The Senior Center
will be closed on
Monday,
September 1st
in observance of
Labor Day.



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SEPTEMBER 2025 NEWSLETTER

GET ARTSY WITH Renée

Thursday, Sept 11

\$20 supply fee

Wrapped Frame Flower Basket \$2.00 program fee

We usually paint on canvas, this time we are taking the canvas out and wrapping the frame to create a “basket” space for arrangements.



Thursday, Sept 25

\$20 supply fee

Elegant Pumpkin

\$2.00 program fee

Jazz up this holiday season with a pumpkin decked out with pearls! A little paint and some faux pearls, and presto!!



Healing Art with Larry Ramos

Please Register for Class at the Front Desk

WATERCOLOR ART HEALING
Wednesday September 10th
8:30 am - 10:30 am



Paint this powerful, grounded, unapologetic, rooster amidst the ebbs and flows of life and the changing seasons using the **OSM method** to express “you” in a single brushstroke.

COLLAGE ART HEALING
WATERCOLOR ART HEALING
Wednesday September 24th
8:30 am - 10:30 am

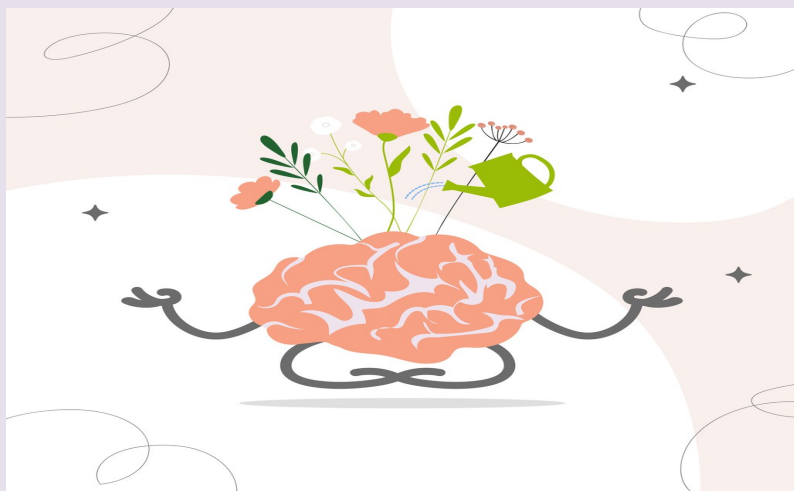


create this dazzling, multifaceted, one of a kind, collage rooster and through the **OSM method** and solve the “puzzle” of what it reveals about you

Interested in learning about recognizing the warning signs of a mental health or suicide crisis?

QPR is a 2 hour suicide prevention training. Want to know what QPR stands for?? Join us **Tuesday, Sept. 23rd** at **1:00pm**

Please register at the front desk to attend!



September Schedule Changes

Monday September 1st, - NO CLASSES - We are Closed

Tuesdays - New Chair Exercise Class Begins

Wednesday September 3rd - Brain & Body Make up Class

Thursdays - New Chair Exercise Class Begins

Thursdays - New Line Dancing Class Begins

Monday September 22nd- Aerobics - No Class

Wednesday September 24th - Aerobics- No Class

Wednesday September 24th - Chair Yoga - No Class

Wednesday September 24th - Open Dance - No Class

Wednesday September 24th - Brain & Body - No Class

Wednesday September 24th - Tai Chi - No Class

Wednesday September 24th - Chair Pilates - No Class

Wednesday September 24th - Chair Yoga - No Class

Thursday September 25th - Gentle Yoga - No Class

Monday September 29th - Aerobics - No Class

Monday September 29th - Core & Strength - No Class



Elk Grove Senior
Center Presents



"LET'S TALK ABOUT DEATH"

Who should attend? Anyone who is alive & will die one day or knows someone who will.
*When we learn how to die,
we learn how to live more fully!*



SEPTEMBER 8, 2025



3:00 - 4:00PM



**ELK GROVE
SENIOR CENTER**
8230 Civic Center Dr. #140
Elk Grove, CA 95757



QUESTIONS?
209-418-8844



RITA MASON,
Certified Death Doula &
End of Life Educator

Who is Rita4Life?

Rita is passionate about educating on all topics about the End of Life. Her goal is to inform you, so you can then make choices that honor your lifestyle, allowing loved ones to honor you as well.



www.Rita4Life.com

TOPIC 1

Planning & Preparing For
End of Life

TOPIC 2

Duties & Benefits of a
Death Doula

TOPIC 3

How to Become a Death
Doula

TOPIC 4

Advanced Care Planning,
Final Wishes, Health
Care Proxy

TOPIC 5

End of Life Options,
VSED, MAID, Palliative &
Hospice Care

TOPIC 6

Body Disposition Options

Join the Lunch Bunch!

Tuesday, September 9th at 11:30am -

Location: Kintaro Sushi

Bring cash and a smile.

**The October meetup will be decided at the
September meetup.**

**Please register for the September Lunch bunch
meetup at the front desk by September 5th.**



KAISER PERMANENTE®

Need help with Medicare & Medi-Cal?

Gracy Hernandez from Kaiser Permanente will be here on Tuesday,
September 9th from 8:30am – 12:30pm to help answer your
questions. Look for the table in the lobby.

*RX Healthcare & Apex Care will be here on
Wednesday, September 10th
to share their services.*

Look for the table in the front lobby.

Please Register at the Front Desk!



Power Against Fraud Seminar

BROUGHT TO YOU BY THE
ELK GROVE POLICE DEPARTMENT
VOLUNTEERS IN POLICE SERVICE

Wednesday, Sept. 24, 2025

@ 2:00 – 3:15 PM

or

Friday, Sept. 26, 2025

@ 10:30 – 11:45 AM

**The Senior Center of Elk Grove
8230 Civic Center Dr. Suite 140**

Elk Grove PD wants our citizens to be prepared for potential fraud and economic crimes. Older adults are seen as easy targets of crimes such as identity theft, impersonation scams, and telephone, internet and mail fraud.

At this fraud prevention seminar, **UPDATED for 2025**, you will learn simple yet effective self-defense strategies to increase your **POWER AGAINST FRAUD**. Don't let yourself fall victim to fraud.

Take advantage of the opportunity to harden yourself as a target by attending this on-site seminar.



Join Syndee Hendricks on Sept 17th at 1:00pm

Unlock Your Best Life At Any Age

Discover how Syndee created and maintains her best life at 72!
Optional \$20.00 Materials Fee: Includes book and other materials.

Cyber Security For Seniors

We are pleased to announce an informative hour-long presentation designed to enhance online safety for older adults. This session will address critical topics such as the significance of online security, the ramifications of cyberattacks on the senior demographic, and effective strategies for safeguarding against cybercrime. Participants will learn about best practices for device and account security, as well as common scams to be vigilant against.

As technology becomes increasingly integral to communication and shopping for seniors, it is essential to recognize that this demographic is often targeted by cybercriminals due to their inherent trustfulness, which can result in scams and identity theft. Key competencies that will be covered include identifying scams, managing passwords, updating software, and utilizing privacy settings effectively.

Our objective is to empower seniors to navigate the digital landscape with confidence and security. The presenter, a former Chief Technology Officer, is equipped with extensive experience and will be able to accommodate up to 25 participants. Please note that this presentation is independent and not affiliated with any business entity.

**Join us on Tuesday, September 9th at
11:30am for this informative presentation.
Only 25 Seats available.**

Please Register at the Front Desk

Save the Date!!!

**The Senior Center will be holding a Yard
Sale Extravaganza Fundraiser October 18th**

More details coming soon!!

September 2025

Senior Center of Elk Grove



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Membership is \$50 per year
Most programs cost \$2

Monday		Tuesday		Wednesday		Thursday		Friday	
\$\$ Pilates X	8:30	\$\$ Gentle Yoga	8:30	\$\$+ Healing Art Wk 2 & 4	8:15	\$\$ Open Games	8:00	\$\$ Tai Chi Flow	8:30
\$\$ Chair Exercise	8:30	Knit & Crochet	9:30	\$\$ Standing Pilates	8:30	\$\$ Gentle Yoga No Class 9/25	8:30	Quilting	8:30
\$\$ Chair Exercise	9:00	\$\$ Men's Talk Group	9:30	Brain & Body 9/3 & 9/10 No Class 9/24	8:30	\$\$ Chair Exercise	9:00	\$\$ Chair Exercise	9:00
\$\$ Open Games	9:00	\$\$ Zumba Gold	10:00	\$\$ Chair Exercise	9:00	Open Artist Studio	9:00	\$\$ Mahjong	9:30
\$\$ Chair Exercise	10:00	\$\$ Guitar Workshop	11:00	\$\$ Chair Exercise	10:00	\$\$ Zumba 30/30	10:00	\$\$ Chair Exercise	10:00
\$\$ Standing Pilates	10:00	\$\$ Zumba Chair	11:30	\$\$ Traditional Tai Chi No Class 9/24	10:00	\$\$ Chair Exercise	10:30	Parkinson's Caregivers Support 3rd Fri	10:15
\$\$ Women's Talk Group	10:00	\$\$ Chair Exercise	11:30	Alzheimer's Caregivers Support 1st Wed	10:30	\$\$ Improv	11:30	\$\$+ Bingo	12:00
\$\$+ Oil Paint Bob Ross Style wk 1 & 3	11:00	\$\$ Mahjong	1:00	Parkinson's Support Group 3rd Wed	10:30	\$\$ Light Body Toning	11:30	\$\$ Walk Strong Fitness	12:00
\$\$ Conversational Spanish wk 2 & 4	11:00	\$\$ Hawaiian Hula	1:00	\$\$ Ukulele Practice	10:30	Scrabble	12:00	\$\$ Bridge	1:00
\$\$ Aerobics No Class 9/22 & 9/29	11:30	\$\$ Line Dancing All Level	2:00	\$\$ Spanish Class	10:30	\$\$ Rhythm & Motion	1:00		
\$\$ Core & Strength No Class 09/29	11:30	\$\$ Genealogy	2:00	\$\$ Book Group 2nd Wed	11:00	\$\$ Rock Painting wk 1 & 3	1:00		
\$\$ Bridge	1:00	\$\$ Mindfulness & Meditation	2:00	\$\$ Pilates Chair No Class 9/24	11:00	\$\$+ Get Artsy w/ Renee wk 2 & 4	1:00		
\$\$ Writing Group	1:00			\$\$ Aerobics No Class 09/24	11:30	\$\$ Men's Talk Group	1:00		
\$\$ Intermediate Hatha Yoga	1:30			\$\$ Chair Yoga No Class 9/24	12:15	Grief Support Group wk 2 & 4	2:00		
				\$\$ Zumba Chair	12:30	\$\$ Line Dancing	2:00		
				\$\$ Bunco	12:45				
				\$\$+ Cardmaking	1:00				
				\$\$+ Syndee Speaks 9/17	1:00	\$\$ Open Dance (wed) No Class 09/24	2:00		